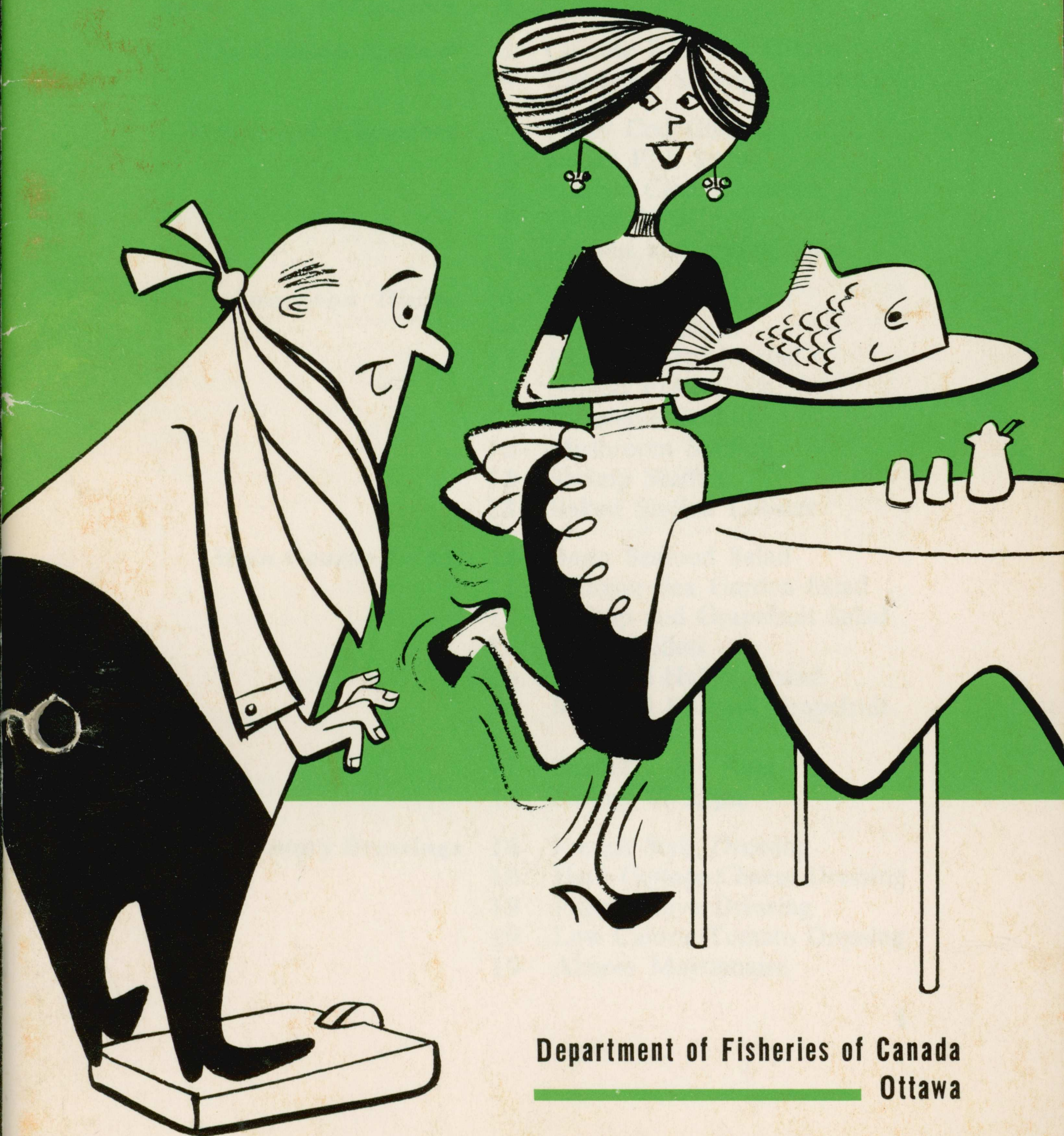


# Let's serve FISH for the WEIGHT WATCHER



Department of Fisheries of Canada  
Ottawa







Allen Arkum

CONTENTS

Heritage  
Special Coll.  
Cookbooks

TX

747

L475

1965

Ab

	Page	
<b>Fish for Your Figure</b>	<b>3</b>	
<b>Choose Fish Wisely</b>	<b>4</b>	
<b>Serve Fish Attractively</b>	<b>4</b>	
<b>The Chinese Method</b>	<b>5</b>	Chinese Fish and Greens
	<b>6</b>	Cantonese Shrimp and Beans
<b>Soups and Chowders</b>	<b>7</b>	Perky Cod Chowder
	<b>8</b>	Italian Fish Soup
	<b>8</b>	Quebec Clam Chowder
	<b>9</b>	Oyster Stew
	<b>9</b>	Halibut and Onion Soup
<b>Luncheon Dishes</b>	<b>10</b>	Wine Poached Trout
	<b>10</b>	Piquant Scallops
	<b>11</b>	Baked Seafood Salad
	<b>12</b>	Stuffed Fillet Rolls
	<b>12</b>	Vegetable Stuffing
	<b>12</b>	Mushroom Stuffing
	<b>12</b>	Shrimp Stuffing
	<b>13</b>	Baked Stuffed Lobster
<b>Main Course Salads</b>	<b>14</b>	Basic Seafood Salad
	<b>14</b>	Summer Sea Garden Salad
	<b>15</b>	Shrimp and Grapefruit Salad
	<b>15</b>	Jellied Fillets
	<b>16</b>	Moulded Halibut Salad
	<b>16</b>	Moulded Seafood Grapefruit Salad
	<b>17</b>	Garden Salad Ring
	<b>17</b>	Shrimp in Aspic
<b>Complementary Dressings</b>	<b>18</b>	French Style Dressing
	<b>18</b>	Herb Cottage Cheese Dressing
	<b>19</b>	Peppy Chive Dressing
	<b>19</b>	Low Calorie Tomato Dressing
	<b>19</b>	Almost Mayonnaise



	<i>Page</i>	
<b>Baked Fish</b>	<b>20</b>	Baked Halibut Royale
	<b>21</b>	Curried Cod Steaks
	<b>21</b>	Smoked Fish in Tomatoes
	<b>21</b>	Smothered Baked Halibut Piquant
	<b>22</b>	Baked Fish in Catsup Sauce
	<b>22</b>	Baked Fish Creole
	<b>23</b>	Mushroom Sauce
	<b>23</b>	Crispy Baked Fillets
	<b>23</b>	Buttermilk Baked Fillets
	<b>24</b>	Southern Baked Fillets
	<b>24</b>	Grapefruit Topped Fillets
<b>Broiled Fish</b>	<b>25</b>	Orange Broiled Halibut Steak
	<b>25</b>	Pickrel Broiled with Mint
<b>Poached Fish</b>	<b>26</b>	Court Bouillon
	<b>26</b>	Fish Poached in Milk
<b>Steamed Fish</b>	<b>27</b>	Oven Steamed Fish
<b>Outdoor Cooking</b>	<b>28</b>	Barbecued Fish
	<b>28</b>	Savoury Fish
	<b>29</b>	Broiled Scallop Kabobs
<b>Appetizers</b>	<b>30</b>	Lobster Starter
	<b>30</b>	Seafood Cocktail
	<b>30</b>	Cocktail Sauce I
	<b>31</b>	Oysters on Half Shell
	<b>31</b>	Cocktail Sauce II
	<b>31</b>	Down East Oysters
<b>Low Calorie Snacks</b>	<b>32</b>	Lobster Stuffed Celery
	<b>32</b>	Shrimp Bowl
	<b>33</b>	Lobster Pick and Dip
	<b>33</b>	Oyster Stuffed Mushroom Caps



## FISH FOR YOUR FIGURE

Many adults these days are faced with the problem of controlling their weight. Quick reducing schemes and fad diets gain popularity because of the widespread interest in losing weight. Nutrition and medical authorities agree that a well-balanced diet can provide all the essential nutrients and at the same time control weight by limiting those foods which are high in calories. To succeed with this "common sense" approach to dieting, it is important to know which foods contribute the nutrients needed for health and well-being.

A good diet must provide protein. To supply this essential nutrient, Canada's Food Guide recommends at least one serving daily of fish, meat, poultry or meat alternates such as eggs and cheese. Fish dishes will provide variety and interest to calorie restricted diets. The protein of fish is comparable to that of other protein foods and in many recipes fish may be used in combination with eggs, cheese or milk. Well planned diets must also contain a variety of fruits and vegetables and some cereal products. Fish may be served with these foods to provide meals which are interesting as well as nutritious. With careful selection and preparation these meals can also be low in calories.

In the pages which follow you will find some suggestions for choosing, preparing and serving fish on a calorie restricted diet as well as some calorie restricted recipes which have been tested in the kitchen of the Consumer Branch of the Department of Fisheries of Canada.







### ***Choose Fish Wisely***

There are many varieties of fish available in Canada. For calorie restricted diets it is wise to choose only those varieties which are low or medium in fat content. Some common species of fish are classified below.

#### ***Lean***

Cod  
Haddock  
Ocean Perch  
Freshwater Perch  
Pickerel  
Pike  
Smelt  
All shellfish

#### ***Medium***

Halibut  
Whitefish  
Speckled Trout  
Rainbow Trout

#### ***Fat***

Alaska Black Cod  
Barbotte  
Lake Trout  
Mackerel  
Salmon  
Shad  
Tuna  
Turbot

**SELECT COOKING METHOD CAREFULLY:** Avoid fried fish of any kind and the use of rich sauces, because fat and rich sauces add calories. Fish may be broiled, steamed, poached or baked in a variety of ways with little or no increase in calories. Become familiar with the basic methods of preparation as described in the following pages.

### ***Serve Fish Attractively***

One simple way to cut down the calories in a meal is to reduce the size of the portions. The recipes which follow are planned to provide four ounces of fish per serving or four servings to a pound instead of three which is often recommended.

Bright cheery garnishes and well chosen accompaniments are especially important when calories are restricted. Some menu suggestions are given with the recipes which follow.



## THE CHINESE METHOD

Chinese cooks are famous for their crisp green vegetables. The Chinese “stir-fry” method can be a boon to anyone trying to cook with a minimum of fat. In the two recipes which follow, this method has been used to make delicious recipes combining fish and vegetables. Try these recipes soon.

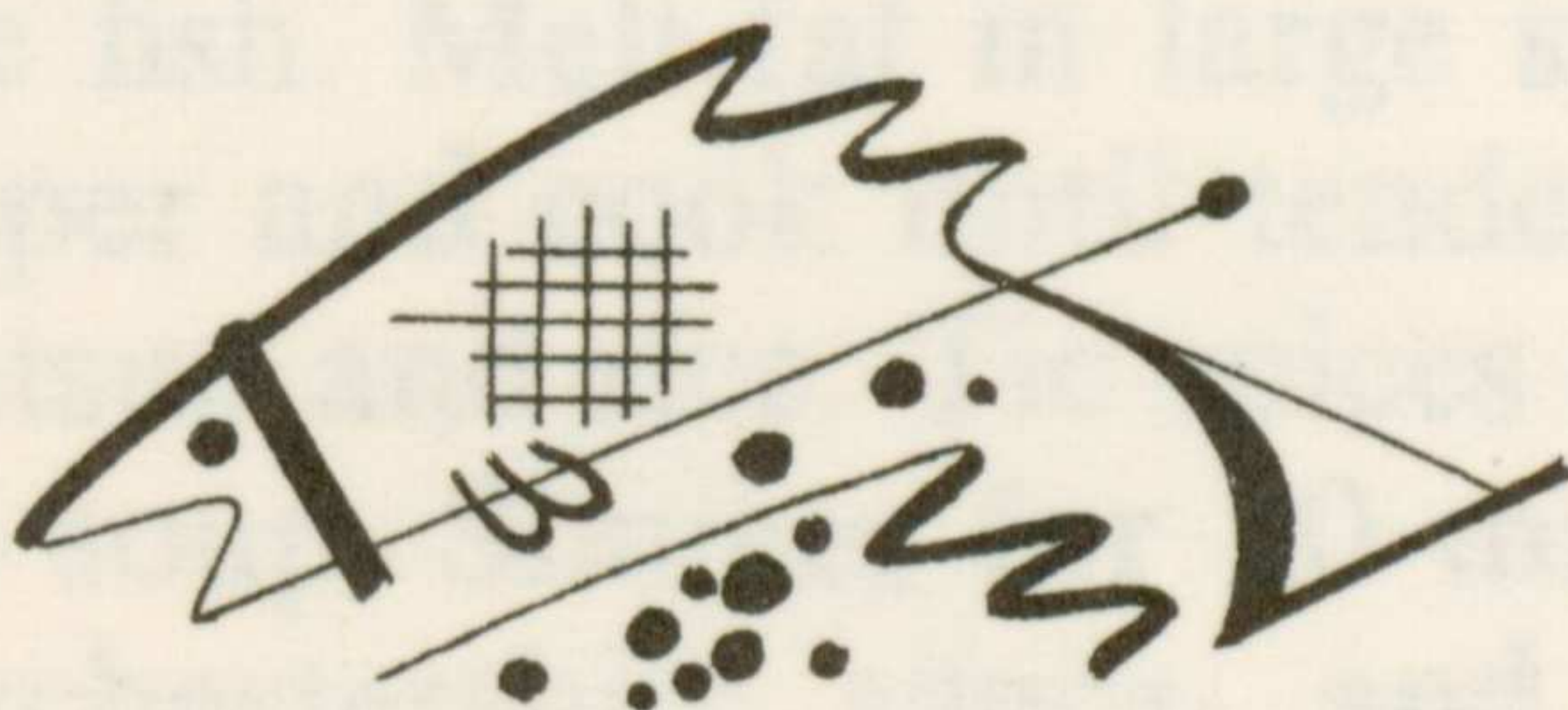
### Chinese Fish and Greens

- |                         |                         |
|-------------------------|-------------------------|
| 1 pound fish fillets    | 1 teaspoon salt         |
| 1 pound fresh asparagus | 1 teaspoon cornstarch   |
| 3 tablespoons salad oil | $\frac{1}{2}$ cup water |

Cut fillets into pieces about 2 inches by 1 inch. Clean asparagus and cut on the diagonal into 1-inch pieces and rinse with water. Add 2 tablespoons oil to frying pan and heat. Drop wet asparagus carefully into hot frying pan. Sprinkle with  $\frac{1}{2}$  teaspoon salt. Stir-fry for 5 minutes or until asparagus is tender but still crisp and green. Remove asparagus and keep hot. Add remaining tablespoon oil and fry fish with remaining  $\frac{1}{2}$  teaspoon salt. Cook fish until done, about 2 to 4 minutes. Remove fish and keep hot with asparagus. Add mixture of cornstarch and water to juices in pan and cook and stir until thickened. Pour over fish and asparagus.

*Makes 4 servings—approximately 190 calories per serving.*

NOTE:—Broccoli may be used instead of asparagus.





## Cantonese Shrimp and Beans

1½ pounds shrimp, fresh or frozen

1 clove garlic, mashed

¼ cup thinly sliced green onions

1 tablespoon oil

1 cup chicken broth or 1 chicken bouillon cube dissolved in 1 cup boiling water

½ teaspoon ginger

1 teaspoon salt

Few grains pepper

10 ounces cut green beans, fresh or frozen

1 tablespoon cornstarch

1 tablespoon cold water

Thaw shrimp if frozen. Peel and remove sand vein from shrimp. Sauté shrimp, garlic and green onions in oil for 3 minutes, stirring frequently. If necessary, add a little of the chicken broth to prevent sticking. Stir in ginger, salt, pepper, beans and the rest of the chicken broth. Cover. Simmer 3 minutes longer, or until beans are cooked but still crisp. Combine cornstarch with cold water; stir into shrimp mixture; simmer 1 minute longer.

*Makes 6 servings—approximately 200 calories per serving.*





## SOUPS AND CHOWDERS

Luncheon or suppers on restricted diets may easily become monotonous. Vary your mealtime routine by serving a hearty soup or chowder for your third meal. Fish chowders provide essential protein combined with vegetables and other ingredients in a satisfying meal. Some of these recipes include skim milk as one of the ingredients. For those dieters who find it difficult to drink skim milk, this would be an excellent way of providing this protein-rich food in your diet. You need only bread or crackers and perhaps a small fruit dessert to complete the meal.

The following recipes have been streamlined to provide less than 200 calories for a six ounce serving.

### Perky Cod Chowder

1 pound salt cod	$\frac{3}{4}$ cup tomato catsup
2 tablespoons fat	$\frac{1}{4}$ cup packaged precooked rice
$\frac{1}{2}$ cup chopped onion	Spice bag: 2 tablespoons pickling
$\frac{1}{2}$ cup diced celery	spice, 2 cloves garlic, quartered
$\frac{1}{3}$ cup diced green pepper	$\frac{1}{2}$ teaspoon paprika
$3\frac{1}{2}$ cups water	2 to 4 drops Tabasco sauce
1 can (20 ounces) tomatoes	1 teaspoon Worcestershire sauce
1 can (20 ounces) tomato juice	

Soak fish overnight in cold water to cover. Drain and add fresh cold water to cover. Bring to simmering temperature over low heat. Drain and flake fish. Melt fat in large saucepan, add onion, celery and green pepper and cook until tender. Add water, tomatoes, tomato juice, catsup and rice. Tie spices and garlic in cheesecloth bag and add to soup. Simmer for 30 minutes. Add paprika, Tabasco sauce, Worcestershire sauce, and flaked fish. Reheat and remove spice bag before serving.

*Makes twelve 6 ounce servings—approximately 130 calories per serving.*



## Italian Fish Soup

- |  |  |
|--|--|
| 1 pound fresh fish fillets (pick-<br>erel, sole, cod or haddock) | 1 can (20 ounces) tomatoes               |
| 3 tablespoons lemon juice  | $\frac{1}{2}$ cup noodles, uncooked      |
| 1 tablespoon salad oil   | 4 cups boiling water                     |
| $\frac{1}{2}$ cup thinly sliced onion                            | 1 tablespoon salt                        |
| $\frac{1}{2}$ cup sliced carrot                                  | $\frac{1}{2}$ teaspoon pepper            |
| $\frac{1}{2}$ cup sliced celery                                  | 2 tablespoons Parmesan cheese,<br>grated |

Cut fish in serving-size portions. Sprinkle with lemon juice. Heat oil in saucepan, add onion, carrot and celery and stir until thoroughly coated with oil. Cover and cook over low heat for 10 minutes. Add tomatoes, noodles, boiling water, salt and pepper. Simmer for 30 minutes. Add fish and simmer 10 minutes longer. To serve, place a piece of fish in each bowl; fill bowl with soup; sprinkle with grated Parmesan cheese.

*Makes six 6 ounce servings—approximately 160 calories per serving.*

## Quebec Clam Chowder

- |  |                              |
|--|------------------------------|
| 1 can (10 ounces) clams                    | $\frac{1}{4}$ teaspoon thyme |
| $\frac{1}{4}$ cup diced salt pork or bacon | 1 can (28 ounces) tomatoes   |
| $\frac{1}{2}$ cup diced potatoes           | 1 teaspoon salt              |
| 1 cup chopped onion                        |                              |

\*Hot skim milk may be added at the table.

Drain clams and reserve liquor. Fry salt pork and brown scraps but do not remove from the pan. (This will take about 20 minutes.) Add diced potatoes and onion. Add thyme. Cover and cook over low heat for about 25 minutes or until vegetables are tender. Add tomatoes and clam liquor. Cover and simmer gently for 20 to 30 minutes to blend flavours. Just before serving, add clams and bring to simmering temperature. Each guest adds hot milk as desired.

*Makes six 6 ounce servings—approximately 140 calories per serving.*

*\*with 2 ounces skim milk—approximately 160 calories per serving.*



## Oyster Stew

- |   |                   |
|---|-------------------|
| 1 pint oysters with liquid                  | 1½ teaspoons salt |
| 1 tablespoon butter or other fat,<br>melted | ⅛ teaspoon pepper |
| 1 quart skim milk                           | Few grains nutmeg |

Add oysters and their liquid to melted butter or other fat and simmer over low heat until oysters plump up and their edges show signs of ruffling. (This will only take about 3 minutes.) Combine oysters and liquid with scalded milk and stir in seasonings. Serve immediately.

*Makes six 6 ounce servings—approximately 180 calories per serving.*

## Halibut and Onion Soup

- |   |  |
|---|--|
| 1 pound halibut                             | 2 tablespoons flour                      |
| 4 chicken bouillon cubes                    | ½ teaspoon salt                          |
| 4 cups boiling water                        | ⅛ teaspoon pepper                        |
| 4 cups sliced onions                        | 2 tablespoons Parmesan cheese,<br>grated |
| 1 tablespoon butter or other fat,<br>melted |  |

Remove skin and bone from halibut; cut into bite-size pieces. Dissolve bouillon cubes in boiling water. In a saucepan, add onion rings to melted fat. Cover and cook over low heat until tender. Stir in flour and seasonings. Add bouillon gradually and heat until boiling, stirring constantly. Add fish and simmer for 10 minutes. Garnish with cheese sprinkled over the top.

*Makes six 6 ounce servings—approximately 190 calories per serving.*





## LUNCHEON DISHES

There is no need to avoid entertaining when you or your friends are counting calories. Invite the ladies to a luncheon party and try one of these selected dishes.

### Wine Poached Trout

4 Rainbow trout (5 ounces each)	$\frac{1}{2}$ teaspoon seasoning salt
$\frac{1}{4}$ teaspoon dill seeds	$\frac{1}{2}$ cup dry white wine
$\frac{1}{4}$ teaspoon rosemary	Lettuce or Romaine

Clean trout and remove head, tail and fins. Add seasonings to wine and poach trout for 15 to 20 minutes or until done. Allow fish to cool in poaching liquid. Remove skin and lift meat from bones in one solid piece. Serve trout on crisp lettuce, with low calorie mayonnaise.

*Makes 4 servings—approximately 80 calories per serving.*

### Menu suggestion

#### Wine Poached Trout

Heart of Lettuce Salad with

Low Calorie Tomato Dressing (P. 19)

Sliced Cucumbers

Finger Roll with 1 teaspoon butter

Peaches, halves

Tea or Coffee

*Complete meal for one person—approximately 250 calories.*

### Piquant Scallops

1 pound scallops	1 tablespoon butter or other fat
Salt	2 teaspoons lemon juice
$\frac{1}{4}$ cup fine dry bread crumbs	1 teaspoon Worcestershire sauce



Separate scallops and sprinkle with salt. Roll in bread crumbs. Arrange scallops in 4 greased scallop shells or in shallow greased baking dish. Melt fat and add lemon juice and Worcestershire sauce; pour over scallops. Bake in hot oven (450°F.) for 15 minutes.

*Makes 4 servings—approximately 130 calories per serving.*

### *Menu suggestion*

#### Piquant Scallops en Coquille

1 Celery heart	$\frac{3}{4}$ cup Carrot sticks
1 slice French Bread	1 teaspoon Butter
$\frac{1}{2}$ Canteloupe	Tea or Coffee

*Complete meal for one person—approximately 340 calories.*

### **Baked Seafood Salad**

1 cup or 1 can (6 ounces) crabmeat	1 cup diced celery
1 cup or 1 can (5 ounces) shrimp	$\frac{3}{4}$ cup Almost Mayonnaise (P. 19)
$\frac{3}{4}$ cup diced green pepper	$\frac{1}{8}$ teaspoon Worcestershire sauce
2 tablespoons finely chopped onion	1 cup soft bread crumbs, toasted
	2 tablespoons grated Parmesan cheese

Flake crabmeat. Drain shrimps. Combine with green pepper, onion and celery. Blend in "Almost Mayonnaise" and Worcestershire sauce. Place in a greased one-quart casserole or individual casseroles. Top with bread crumbs and cheese. Bake in a moderate oven (350°F.) until heated through (15 to 20 minutes).

*Makes 4 servings—approximately 190 calories per serving.*

### *Menu suggestion*

#### Individual Baked Seafood Salad

Lettuce with Cucumber and Tomato Slices	$\frac{1}{2}$ Dinner Roll (brushed with garlic butter and heated)
$\frac{1}{2}$ Grapefruit	Tea or Coffee

*Complete meal for one person—approximately 340 calories.*



## Stuffed Fillet Rolls

Thin fillets of fish such as sole, perch or pickerel make attractive fillet rolls. One pound of fish will make 8 to 10 rolls or 4 generous servings.

Skin fillets if necessary and slice to make strips about 6 inches by 2 inches. Season fillets on both sides. Line greased muffin tins or custard cups with fillets. Fill centres of the fillet rings with one of the following stuffings. Bake in a hot oven (450°F.) for 15 minutes.

*Makes 4 servings.*

### Vegetable Stuffing

2 tablespoons chopped onion	1/4 teaspoon salt
1/2 cup chopped cucumber	Few grains pepper
1/2 cup chopped tomato	1 tablespoon melted butter
2 teaspoons lemon juice	

Combine all ingredients. Place 2 tablespoons in each roll.

*(Sole fillets with Vegetable Stuffing would provide approximately 130 calories per serving).*

### Mushroom Stuffing

1 tablespoon butter or other fat	1/8 teaspoon tarragon
2 tablespoons chopped onion	1/4 teaspoon salt
1/2 pint mushrooms, chopped	

Melt butter or other fat in saucepan over low heat. Stir in remaining ingredients and cook together until soft. Drain. Place 2 tablespoons in each fillet roll.

*(Sole fillets with Mushroom Stuffing would provide approximately 150 calories per serving).*

### Shrimp Stuffing

1 tablespoon butter or other fat	1 can (5 ounces) shrimp, drained and deveined
2 tablespoons chopped onion	
1/4 cup chopped green pepper	



Melt butter or other fat in saucepan over low heat. Stir in onion and green pepper and cook together until soft. Add shrimp. Place 2 tablespoons in each fillet roll.

*(Sole fillets with Shrimp Stuffing would provide approximately 180 calories per serving).*

#### *Menu suggestion*

##### **Shrimp Stuffed Fillet Rolls**

½ Broiled Tomato

French Green Beans

2 Toast Fingers (½ slice)

Fresh Raspberries

Tea or Coffee

*Complete meal for one person—approximately 340 calories.*

#### **Baked Stuffed Lobster**

2 live lobsters (about 1 pound each)

3 quarts boiling water

¾ cup salt

1 cup soft bread crumbs

1 tablespoon finely chopped onion

Few grains garlic salt (optional)

Plunge lobsters head first into boiling water to which salt has been added. When water has returned to simmering temperature, cover and allow to simmer for 5 minutes. Quickly cool lobsters under cold water and drain. Place each lobster on its back. With a sharp knife or scissors slit open on the underside from head to tail. Remove stomach sac which lies just back of the head and also the dark intestinal vein running from the stomach to the tip of the tail. Prepare a bread dressing by combining bread crumbs, melted butter, onion and garlic salt. Sprinkle dressing over body cavity and on surface of tail meat. Place on a baking pan and bake in a moderately hot oven (400°F.) for 15 minutes.

*Makes 2 servings—approximately 250 calories each.*

#### *Menu suggestion*

4 ounces Grapefruit Juice

1 Baked Stuffed Lobster

1 slice Whole Wheat Bread—1 teaspoon butter

Tossed Green Salad—Low Calorie French Dressing

Tea or Coffee

*Complete meal for one person—approximately 430 calories.*



## MAIN COURSE SALADS

Whether it's a simple family meal or your most important party, a crisp colorful salad will be sure to please. When the salad includes generous amounts of fish or seafood it may be served as an interesting main course. Salads to suit all occasions are included here. You will be delighted with these salads, restricted in calories but very high in popularity.

### Basic Seafood Salad

- |                                  |  |
|----------------------------------|--|
| 2 cans (5 or 6 ounces each)      | 1 cup celery crescents                               |
| crab meat, lobster or shrimp     | $\frac{1}{3}$ to $\frac{1}{2}$ cup Almost Mayonnaise |
| or 2 cups cooked fish or seafood | (P. 19)  |
| 1 tablespoon lemon juice         | Salad greens   |

Drain seafood if necessary and pick out any pieces of shell or cartilage. Remove sand vein from shrimp. Break seafood into chunks and sprinkle with lemon juice. Add celery and "Almost Mayonnaise". Toss lightly to mix. Season to taste. Chill. Serve on salad greens.

*Makes 4 servings—approximately 100 calories per serving.*

### Summer Sea Garden Salad

- |   |   |
|---|---|
| 2 cups cooked fish (haddock, cod, sole, etc.) | 1 cup Low Calorie Cottage Cheese Dressing (P. 18) |
| $\frac{1}{4}$ cup thinly sliced radishes      | $\frac{1}{2}$ teaspoon salt                       |
| $\frac{1}{2}$ cup coarsely diced green pepper | Lettuce leaves                                    |
| 1 cup sliced cucumber                         | 2 tomatoes, cut in wedges                         |
|   | Snipped parsley to garnish                        |

Chill fish thoroughly. Break into chunks. Add radishes, green pepper and cucumber and toss lightly. Mix dressing and salt and combine with salad. Chill. Serve on a bed of lettuce leaves. Garnish with tomato wedges and parsley.

*Makes 6 servings—approximately 120 calories per serving.*



## Shrimp and Grapefruit Salad

2 cans (5 ounces each) shrimp  
1 large grapefruit, sectioned

1 tablespoon Low Calorie  
French Dressing (P. 18)  
Salad greens

Drain and devein shrimp. Peel and section grapefruit. Drain. Cut into bite-size chunks. Toss the shrimp and grapefruit together with the French Dressing. Serve on salad greens.

*Makes 4 servings—approximately 130 calories per serving.*

## Jellied Fillets

1 pound cooked fillets  
1 can (20 ounces) tomato juice  
 $\frac{1}{2}$  bay leaf  
1 slice onion  
4 cloves

$\frac{1}{8}$  teaspoon celery salt  
 $1\frac{1}{2}$  teaspoons salt  
2 tablespoons lemon juice  
2 tablespoons gelatin  
 $\frac{1}{2}$  cup water

Arrange fillets in a square 8"  $\times$  8" pan. Mix tomato juice, bay leaf, onion, cloves, celery salt, salt and lemon juice. Simmer for 20 minutes and strain. Soak gelatin in water and dissolve in hot aspic. When aspic is cool pour over fish. Chill until firm and cut into squares.

*Makes 4 servings—approximately 140 calories per serving.*





## Moulded Halibut Salad

- |                               |                                  |
|-------------------------------|----------------------------------|
| 1 pound halibut               | 1 tablespoon gelatin softened in |
| $\frac{1}{2}$ teaspoon salt   | $\frac{1}{4}$ cup cold water     |
| $\frac{1}{8}$ teaspoon pepper | 1 cup celery crescents           |
| 1 tablespoon lemon juice      | 2 tablespoons chopped pimiento   |
| 2 cups liquid (cooking liquid | 2 tablespoons chopped parsley    |
| from fish plus water to make  | 2 tablespoons chopped onion      |
| volume)                       | 1 teaspoon salt                  |
| 1 chicken bouillon cube       |                                  |

Season halibut with salt and pepper and measure thickness. Wrap in greased aluminum foil to form a steam-tight package. Cook in boiling water until fish flakes easily and is opaque, (about 10 minutes per inch thickness for fresh fish and about 20 minutes per inch thickness if the fish is frozen.) Flake the cooked fish and sprinkle with lemon juice. Reserve liquid from foil package and add enough water to make 2 cups liquid. Bring to the boil and add bouillon cube. Add to softened gelatin and cool until mixture begins to thicken. Fold in celery, pimiento, parsley, onion, salt and flaked fish. Place in a dampened 4-cup mould. Chill until firm.

*Makes 4 servings—approximately 160 calories per serving.*

## Moulded Seafood Grapefruit Salad

- |                              |                                    |
|------------------------------|------------------------------------|
| 1 can (5 ounces) deveined    | 1 tablespoon lemon juice           |
| shrimp or                    | 1 can (15 ounces) grapefruit       |
| 1 can (5 ounces) lobster     | sections                           |
| 1 tablespoon gelatin         | $\frac{1}{2}$ cup chopped cucumber |
| 1 tablespoon sugar           | Salad greens                       |
| $\frac{1}{2}$ cup cold water |                                    |

Drain shrimp. If large, cut in chunks. If using lobster, cut into bite-size pieces. Mix gelatin with sugar and soften in cold water. Dissolve over hot water. Add lemon juice. Drain grapefruit sections and add juice to gelatin mixture. Chill mixture until consistency of unbeaten egg white. Mix seafood, grapefruit sections and cucumber into gelatin mixture. Turn into a dampened 4-cup mould. Chill until firm. Unmould on crisp salad greens.

*Makes 4 servings—approximately 160 calories per serving.*



## Garden Salad Ring

1 tablespoon gelatin	$\frac{1}{4}$ teaspoon non-caloric liquid
$\frac{1}{4}$ cup cold water	sweetener
2 cups boiling water	2 tablespoons lemon juice
1 teaspoon salt	Green colouring
$\frac{1}{4}$ teaspoon seasoning salt	1 cup peeled diced cucumber
3 drops Tabasco sauce	1 cup sliced radishes
	$\frac{1}{2}$ cup sliced green onions

Sprinkle gelatin on cold water. Dissolve in boiling water. Add salt, seasoning salt, Tabasco sauce, liquid sweetener, lemon juice and colouring. Chill until partially set. Fold in remaining ingredients. Chill until set in a 5-cup ring mould.

*Makes 6 servings—approximately 30 calories per serving.*

Fill center with 2 pounds cooked halibut for a total of approximately 250 calories per serving.

## Shrimp in Aspic

2 pounds cooked shrimp	2 bay leaves
$\frac{1}{4}$ cup lemon juice	4 cloves
3 tablespoons gelatin	2 teaspoons chopped onion
$\frac{1}{2}$ cup cold water	$\frac{1}{2}$ teaspoon salt
4 chicken bouillon cubes	2 teaspoons sherry
$3\frac{1}{2}$ cups water	1 medium cucumber, sliced

Marinate shrimp in lemon juice for about an hour, then drain thoroughly before using. Soften gelatin in  $\frac{1}{2}$  cup cold water. Heat bouillon cubes in  $3\frac{1}{2}$  cups water, along with bay leaves, cloves, chopped onion and salt, until bouillon cubes are dissolved. Add softened gelatin and stir until dissolved. Strain. Add sherry. Pour  $\frac{1}{2}$  inch of aspic into the bottom of a dampened 6-cup mould and allow to set. Make an attractive arrangement of whole shrimp and cucumber slices in the firm gelatin. Cover with another layer of cooled gelatin and chill again. Cut remaining shrimp in half, if large, and repeat layers until all ingredients are used, ending with a layer of gelatin. (A design may be made around the sides of the mould by standing slices of cucumber and whole shrimp on end in the first layer of firm gelatin and gradually covering them with succeeding layers.) Chill until firm. Unmould.

*Makes 8 servings—approximately 160 calories per serving.*



## COMPLEMENTARY DRESSINGS

Ordinary salad dressings, like all fatty foods, are high in calories and must be omitted from calorie-restricted diets. The following dressings will complement your seafood salads with little increase in calorie count.

### French-Style Dressing

½ teaspoon gelatin  
1 tablespoon water  
½ cup boiling water  
1 tablespoon sugar  
1 teaspoon salt

½ cup lemon juice  
¼ teaspoon onion juice  
Few grains pepper  
Few grains cayenne

In a half pint jar, soften gelatin in 1 tablespoon water. Add remaining ingredients. Stir until dissolved. Shake well. Chill for several hours.

*Makes  $\frac{3}{4}$  cup—approximately 10 calories per tablespoon.*

### Herb Cottage Cheese Dressing

1 cup cottage cheese  
1 tablespoon milk  
2 tablespoons chopped green  
onion  
¼ teaspoon salt

Few grains pepper  
⅛ teaspoon dill seed  
Few drops Tabasco sauce  
(optional)

Whip the cottage cheese with milk until creamy. Add remaining ingredients. Chill.

*Makes 1½ cups—approximately 15 calories per tablespoon.*



## Peppy Chive Dressing

1 cup yoghurt

1 teaspoon lemon juice

1 teaspoon seasoned salt

1 tablespoon snipped chives

Combine yoghurt, lemon juice, salt and chives. Chill. Serve with cold fish.

*Makes 1 cup—approximately 10 calories per tablespoon.*

Green onions may be used instead of chives.

## Low Calorie Tomato Dressing

$\frac{1}{2}$  cup tomato juice

2 tablespoons salad oil

2 tablespoons lemon juice

1 teaspoon grated onion

1 teaspoon salt

$\frac{1}{2}$  teaspoon dry mustard

Combine all ingredients. Beat well with an egg beater or shake in a tightly covered jar.

*Makes about  $\frac{3}{4}$  cup—approximately 25 calories per tablespoon.*

## Almost Mayonnaise

2 tablespoons flour

1 teaspoon celery seed

1 teaspoon dry mustard

1 teaspoon salt

1 cup skim milk

1 clove garlic (optional)

2 egg yolks, beaten

$\frac{1}{4}$  cup vinegar

4 drops non-caloric liquid  
sweetener

Few grains monosodium  
glutamate

Combine flour, celery seed, mustard and salt in top of double boiler. Add milk slowly. Cook and stir until thickened. Add garlic if desired. Cook 8 minutes. Add egg yolks and cook 3 minutes. Remove garlic and stir in vinegar, liquid sweetener and monosodium glutamate. Chill.

*Makes about  $1\frac{1}{4}$  cups—approximately 15 calories per tablespoon.*



## BAKED FISH

Whole fish, fillets or steaks may be baked in the oven. You may vary the appearance and flavours by using toppings or low calorie sauces. You will find some new and different ideas in the recipes which follow. No matter which recipe you use, remember the following rules to make sure that your fish is moist, tender and delicious:

1. The flesh of fish contains little connective tissue and therefore does not require a long cooking period. Overcooking dries and toughens fish.
2. Do not thaw frozen fish before cooking. Fish is juicier when cooked from the frozen state.
3. Fish is cooked when:
  - The flesh loses its translucent appearance and becomes opaque.
  - The flesh flakes readily.
  - The flesh is easily pierced by a fork.
4. Serve fish immediately after cooking while it is still piping hot, tender and juicy.

### Baked Halibut Royale

2 pounds halibut steaks  
1 teaspoon salt  
 $\frac{1}{2}$  teaspoon paprika  
Few grains cayenne

Juice of 1 lemon  
 $\frac{1}{2}$  cup chopped onion  
1 tablespoon butter or other fat  
Green pepper strips for garnish

Have halibut steaks cut 1-inch thick and place in a shallow baking dish. Combine salt, paprika and cayenne with lemon juice and pour over steaks. Marinate in refrigerator for 1 hour, turning the steaks at half time so seasonings penetrate both sides. Cook onion in fat until tender. Spread steaks with onion. Top with green pepper strips and baste with marinade. Bake in a hot oven (450°F.) for 10 minutes or until fish flakes easily when pierced with a fork.

*Makes 8 servings—approximately 160 calories per serving.*



## Curried Cod Steaks

1 pound fresh cod steaks  
2 tablespoons finely chopped  
onion  
1 clove garlic, minced and  
mashed

1 teaspoon curry powder  
 $\frac{1}{2}$  teaspoon salt  
Few grains cayenne  
2 teaspoons melted butter or  
other fat

Have steaks cut  $\frac{3}{4}$ " thick. Combine onion, garlic, curry powder, salt and cayenne and rub both sides of fish mixture. Cover and let stand in refrigerator 1 hour. Place steaks on greased baking dish. Pour melted butter or other fat over fish. Bake in a hot oven (450°F.) for 10 minutes.

*Makes 4 servings—approximately 100 calories per serving.*

## Smoked Fish in Tomatoes

2 pounds smoked cod fillets  
1 can (20 ounces) tomatoes  
 $\frac{1}{2}$  teaspoon oregano

$\frac{1}{4}$  teaspoon pepper  
1 medium onion, sliced in rings

Place fish in a baking pan. Combine remaining ingredients in a saucepan and simmer for 10 minutes. Pour sauce over fish and bake in a hot oven (450°F.) for 20 minutes per inch thickness.

*Makes 8 servings—approximately 110 calories per serving.*

## Smothered Baked Halibut Piquant

1 pound halibut steaks, fresh or  
frozen  
 $\frac{1}{4}$  teaspoon salt  
2 tablespoons Low Calorie  
Tomato Dressing (P. 19)

1 cup chopped cucumber  
 $\frac{1}{2}$  cup soft bread crumbs  
 $\frac{1}{4}$  teaspoon Worcestershire sauce  
2 teaspoons Parmesan cheese

Sprinkle steaks with  $\frac{1}{4}$  teaspoon salt. Place in a greased baking dish. Toss Tomato Dressing, cucumber, bread crumbs, Worcestershire sauce and Parmesan cheese together lightly with a fork. Spread over fish. Bake in a hot oven (450°F.). For fresh fish allow 10 minutes baking time per inch thickness. For frozen fish allow 20 minutes per inch thickness.

*Makes 4 servings—approximately 180 calories per serving.*



## Baked Fish in Catsup Sauce

- |                                  |  |
|----------------------------------|--|
| 2 pounds fish fillets            | 1 bouillon cube dissolved in $\frac{3}{4}$ cup hot water |
| 1 cup chopped onion              |  |
| 1 tablespoon butter or other fat | $\frac{1}{2}$ cup catsup                                 |
| 1 tablespoon flour               | $\frac{3}{4}$ cup sliced dill pickles                    |

Place fish in a greased baking dish. In saucepan, cook onion in fat until tender. Stir in flour. Gradually add bouillon mixture and catsup. Cook and stir until blended. Add dill pickles and pour sauce over fish. Bake in a hot oven (450°F.) for 15 minutes per inch thickness if fish is fresh and about 25 minutes per inch thickness if fish is frozen.

*Makes 8 servings—approximately 130 calories per serving.*

## Baked Fish Creole

- |                                    |   |
|------------------------------------|---|
| 2 pounds fish fillets              | $\frac{1}{4}$ teaspoon monosodium glutamate         |
| 2 tablespoons thinly sliced onion  |   |
| 2 tablespoons chopped green pepper | $\frac{1}{8}$ teaspoon non-caloric liquid sweetener |
| 2 tablespoons chopped mushrooms    | Few grains mustard                                  |
| 1 cup canned tomatoes              | Few grains oregano                                  |
| 2 teaspoons lemon juice            | Few grains pepper                                   |
|                                    | 1 teaspoon salt                                     |

Place fish fillets in a lightly greased baking pan. Put all other ingredients in a saucepan and simmer, stirring occasionally until vegetables are tender (about 10 minutes). Pour sauce over fish. Bake in a hot oven (450°F.) for 10 minutes per inch thickness or until fish flakes easily when pierced with a fork. If fish is frozen, double the cooking time.

*Makes 8 servings—approximately 100 calories per serving.*





## Mushroom Sauce

- |                                |   |
|--------------------------------|---|
| 1 tablespoon flour             | 2 teaspoons lemon juice                             |
| $\frac{1}{4}$ teaspoon salt    | $\frac{1}{4}$ teaspoon non-caloric liquid sweetener |
| 1 bouillon cube                | 1 can (5 ounces) sliced mushrooms                   |
| 1 cup boiling water            |   |
| 2 tablespoons prepared mustard |   |
| $\frac{1}{4}$ cup catsup       |   |

Combine flour and salt. Dissolve bouillon cube in boiling water. Stir gradually into dry ingredients. Mix until smooth. Cool slightly. Add mustard, catsup, lemon juice and liquid sweetener. Cook over low heat until thickened. Stir in mushrooms.

*Makes  $1\frac{1}{2}$  cups—approximately 10 calories per tablespoon.*

## Crispy Baked Fillets

- |   |  |
|---|--|
| 2 pounds fish fillets                       | $\frac{1}{2}$ cup cornflakes or other cereal crumbs (2 cups cereal, crushed) |
| $\frac{1}{2}$ cup undiluted evaporated milk |  |
| 1 teaspoon salt                             |  |
| 1 teaspoon lemon juice                      | 1 tablespoon butter or other fat   |

Cut fillets in individual portions and soak for three minutes in milk to which salt has been added. Drain and roll in crumbs. Place fish on a greased baking dish and dot with fat. Place in a very hot oven (450°F.-500°F.) and bake until fish flakes easily when pierced with a fork. For fresh fish allow 10 minutes per inch thickness. If fish is frozen, double the cooking time.

*Makes 8 servings—approximately 150 calories per serving.*

## Buttermilk Baked Fillets

- |                             |   |
|-----------------------------|---|
| 2 pounds fresh fish fillets | $\frac{1}{2}$ cup fine dry bread crumbs |
| 1 teaspoon salt             | 1 tablespoon butter or other fat        |
| 1 cup buttermilk            |   |

Soak fish in salted buttermilk for 1 to 2 hours. Drain. Roll in bread crumbs. Place in a greased baking dish. Dot with butter or other fat. Bake in a hot oven (450°F.) for 10 minutes per inch thickness or until fish flakes easily when pierced with a fork.

*Makes 8 servings—approximately 130 calories per serving.*



## Southern Baked Fillets

2 pounds fish fillets

$\frac{1}{2}$  teaspoon salt

Few grains pepper

2 tablespoons orange juice

2 teaspoons grated orange rind

1 tablespoon melted butter or  
other fat

Few grains nutmeg

Cut fillets in serving-size portions if desired. Place in a greased baking pan. Combine remaining ingredients and pour over fish. Bake in a hot oven (450°F.) for 10 minutes per inch thickness if fish is fresh or 20 minutes per inch thickness if fish is frozen.

*Makes 8 servings—approximately 110 calories per serving.*

## Grapefruit Topped Fillets

2 pounds fresh fish fillets

$\frac{1}{2}$  teaspoon salt

2 tablespoons chopped onion

$\frac{1}{4}$  cup chopped celery

1 tablespoon butter or other fat

1 cup soft bread crumbs, toasted

$\frac{1}{2}$  cup diced grapefruit

2 teaspoons chopped parsley

$\frac{1}{4}$  teaspoon poultry seasoning

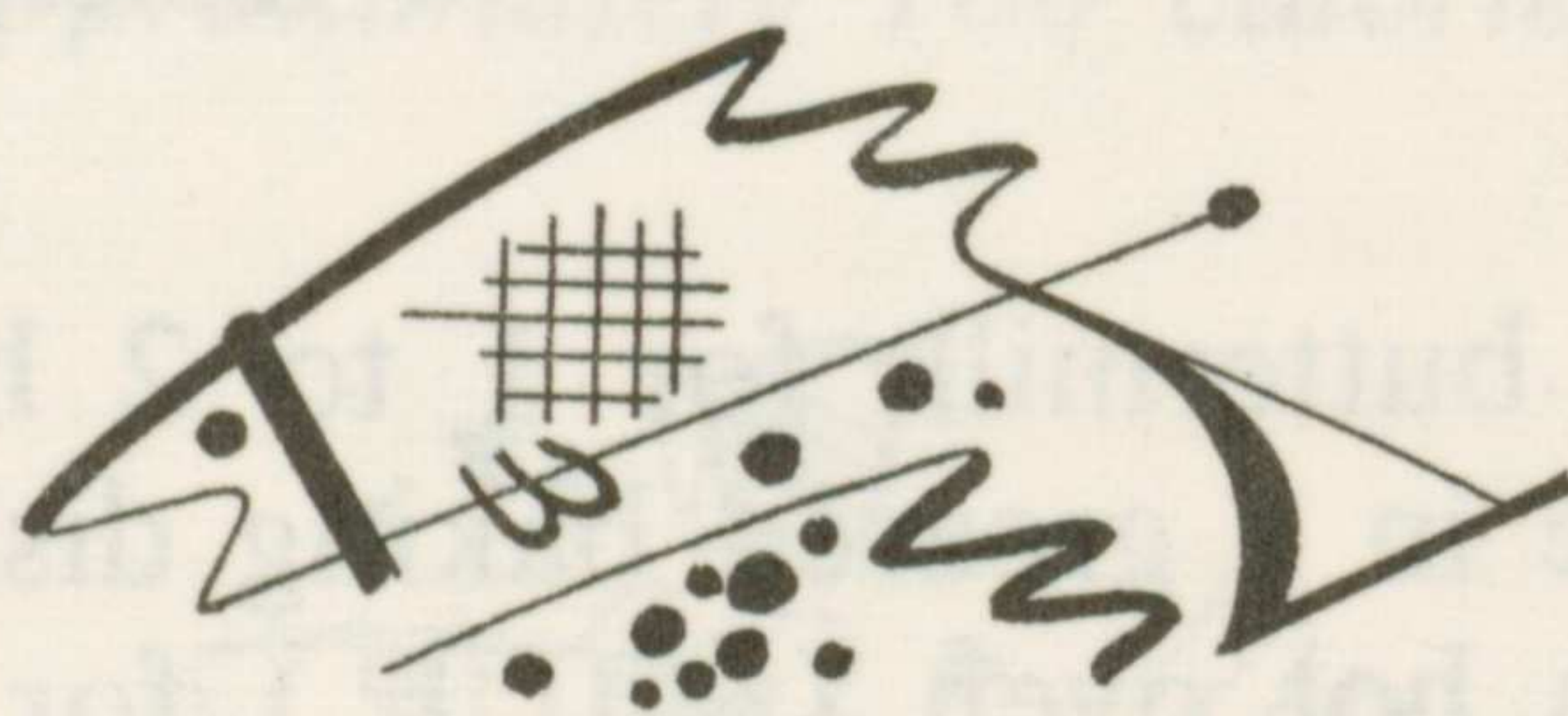
$\frac{1}{2}$  teaspoon salt

Few grains pepper

2 tablespoons grapefruit juice

Place fillets in a greased baking dish. Sprinkle with  $\frac{1}{2}$  teaspoon salt. Cook onion and celery in fat until tender, (about 5 minutes). Remove from heat. Add toasted bread crumbs, grapefruit, parsley, seasonings and grapefruit juice. Toss lightly. Spread stuffing evenly over fish. Bake in a hot oven (450°F.) about 15 minutes or until fish flakes easily when pierced with a fork.

*Makes 8 servings—approximately 130 calories per serving.*





## BROILED FISH

**B**roiling is a quick and easy way to cook fish steaks, fillets or small whole fish. A small amount of fat is needed for even browning, but this method of preparation adds few calories if dressings are used with care. In the two recipes which follow, the subtle addition of fruit juices and herbs produces distinctive flavours. You will have many more ideas of your own.

### Orange Broiled Halibut Steak

2 pounds fresh halibut steaks (1 inch thick)	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ teaspoon salt	1 orange
	1 tablespoon butter

Season steaks with salt and pepper. Blend juice of one half orange with butter. Cut remaining half in thin slices. Brush halibut steaks with one half of the orange butter. Set them on greased broiler pan, 3 or 4 inches from heat. Broil 5 minutes, until steak is brown. Turn, brush with remaining orange butter and broil five more minutes. Top with orange slices and broil until fish flakes easily with a fork.

*Makes 6 servings—approximately 200 calories per serving.*

### Pickarel Broiled With Mint

2 pounds fresh pickarel fillets	2 tablespoons melted butter or salad oil
$\frac{1}{2}$ teaspoon salt	2 tablespoons lemon juice
$\frac{1}{8}$ teaspoon pepper	1 tablespoon chopped fresh mint

Season fish with salt and pepper. Mix melted butter or oil, lemon juice and chopped mint. Brush with marinade and broil about 5 inches from the heat for 5 minutes. Turn, brush again with marinade and broil 5 minutes longer or until cooked. Serve decorated with extra sprigs of mint.

*Makes 8 servings—approximately 130 calories per serving.*



## POACHED FISH

**M**any people prefer fish which is poached or simmered gently in water, court bouillon or milk. For ease in handling, season the fish and wrap it in cheesecloth. Leave long ends on the cheesecloth to serve as handles when lifting the fish in or out of the liquid. Allow 10 minutes cooking time per inch thickness for fresh fish and about 20 minutes cooking time per inch thickness for frozen fish.

### Court Bouillon

- |                        |                                |
|------------------------|--------------------------------|
| 1/2 cup vinegar        | 1/2 teaspoon peppercorns       |
| 1 tablespoon salt      | 1 bay leaf                     |
| 1 stalk celery         | 1 teaspoon finely chopped      |
| 1/4 cup sliced onion   | parsley                        |
| 1/4 cup sliced carrots | 1 quart (5 cups) boiling water |
| 1/4 teaspoon thyme     |                                |

Combine ingredients in a saucepan. Cover and boil 10 minutes. Use this liquid for poaching fish.

*Makes about 1 quart.*

### Fish Poached in Milk

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 1 pound fillets                   | 1/8 teaspoon pepper         |
| 1/2 teaspoon salt                 | 1 teaspoon lemon juice      |
| 1 cup skim milk                   | 2 tablespoons chopped green |
| 2 tablespoons butter or other fat | onions or chives            |
| 2 tablespoons flour               |                             |

Cut fillets in serving-size portions. Simmer gently in salted milk for 5 to 10 minutes, or until fish flakes easily when tested with a fork. Remove from heat. Carefully transfer fish to heated platter. Keep warm. Melt fat, blend in flour and pepper. Gradually add hot milk and stir until thickened. Add lemon juice and 1 tablespoon chopped green onion or chives. Pour sauce over fish. Sprinkle with remaining chopped greens. Serve at once.

*Makes 4 servings—approximately 190 calories per serving.*



## STEAMED FISH

**S**teamed fish retains all of its natural flavour and juices. To steam fish over boiling water, use a steamer or improvise one by using a sieve or a colander which will fit into a deep saucepan or soup kettle. Partially fill the bottom of the steamer or kettle with boiling water. Bring the water to a rapid boil. Season the fish and place it in the upper part of steamer or in the sieve or colander. Don't let the water touch the fish. Cover closely. For ease in handling, tie fish in cheesecloth. Allow 10 minutes cooking time per inch thickness for fresh fish and double the cooking time if fish is frozen.

A simple modern way to steam fish is by wrapping it in a steam tight package of heavy aluminum foil. The foil package may then be placed in boiling water or in a hot oven (450°F.) Allow about 10 minutes per inch thickness for fresh fish and 20 minutes per inch thickness when fish is frozen. When using aluminum foil, the cooking time must be increased a little to allow time for the heat to penetrate the foil. An extra 5 minutes for fresh fish and 10 minutes for frozen fish is recommended.

Steamed fish may be served with an attractive garnish or a low calorie sauce. Fish cooked in this way is ideal for use in salads.

### Oven Steamed Fish

2 pounds fish fillets

$\frac{1}{8}$  teaspoon pepper

$\frac{1}{2}$  teaspoon salt

Sprinkle fish with salt and pepper. Measure thickness of fish. Wrap fish tightly in envelope of greased aluminum foil. Make double folds in foil and pinch folds to make steam tight. Place on a shallow pan or baking sheet and bake in a very hot oven (450°F.-500°F.). Allow 10 minutes cooking time per inch thickness for fresh fish and 20 minutes cooking time per inch thickness for frozen fish, plus additional cooking time for heat to penetrate foil and fish. An extra 5 minutes for fresh fish and 10 minutes for frozen fish is recommended.

*Makes 8 servings—approximately 90 calories per serving.*



## OUTDOOR COOKING

Outdoor cooking, whether on a camping trip or on the backyard barbecue, has become popular in Canada during the summer months. If there is a fisherman in your family you will have plenty of opportunity to try these recipes for barbecued fish.

### Barbecued Fish

Small whole fish  
Salt

Low Calorie French Dressing  
(P. 18)

Scale, clean, wash and dry the fish. Heads and tails may be left on if desired. Sprinkle the body cavities with salt. Brush the fish generously on the outside with dressing. Place directly on a hot, well greased grill, several inches above the glowing coals. Cook, turning once. Test with a fork in the centre of the thickest part. The fish should flake easily and the flesh should have a white milky appearance when cooked.

*Approximately 110 calories per serving.*

### Savoury Fish

1 pound fresh fish fillets  
1 teaspoon butter or other fat,  
melted  
1 tablespoon lemon juice  
 $\frac{1}{2}$  teaspoon salt

Few grains pepper  
4 slices tomato  
4 slices onion or 4 green pepper  
rings  
4 bay leaves

Cut fillets into 4 portions and place on a large sheet of heavy duty aluminum foil or place each portion on an individual sheet of foil. Combine melted fat, lemon juice, salt and pepper. Pour mixture over fish portions in foil. On top of each portion place a tomato slice, then an onion slice or green pepper ring and bay leaf. Wrap fish in the foil. Make double folds in the foil and pinch to make steam tight. Place package or packages on a baking sheet and bake in a hot oven (450°F.) for 15 minutes. Packages may also be placed directly on the coals on an outdoor barbecue allowing the same cooking times.

*Makes 4 servings—approximately 130 calories per serving.*



## Broiled Scallop Kabobs

1 pound scallops  
2 tomatoes, cut in wedges  
1 green pepper, cut in small triangles

1 cup small mushrooms  
 $\frac{1}{4}$  cup Low Calorie French Dressing (P. 18)  
1 teaspoon salt

Separate and rinse scallops. Marinate scallops, tomatoes, green peppers and mushrooms in French Dressing in a bowl for 1 hour. Stir once or twice. Place scallops, tomatoes, pepper and mushrooms alternately on 6 skewers. Place skewers across a baking pan. Season with salt. Bake in a hot oven (450°F.) for 20-25 minutes. Baste two or three times.

*Makes 6 servings—approximately 80 calories per serving. Scallop Kabobs may also be cooked on the grill on an outdoor barbecue.*





## APPETIZERS

**A**s an introduction to a special dinner, seafoods win honours for simplicity, appearance and taste appeal.

### Lobster Starter

- |  |              |
|--|--------------|
| 1 can (5 ounces) lobster                             | Lemon wedges |
| 2 cans (10 ounces each) chicken<br>consommé, chilled | Parsley      |

Drain lobster and cut into bite-size chunks. Fold lobster gently into jellied consommé with a fork. Serve in seafood cocktail glasses, garnished with lemon and parsley.

*Makes 6 servings—approximately 25 calories per serving.*

### Seafood Cocktail

- |   |                |
|---|----------------|
| 1 cup cooked crabmeat, lobster<br>or shrimp | Lettuce        |
| or 1 cup cooked fish                        | Cocktail Sauce |

Flake fish and chill thoroughly. Line cocktail glasses with lettuce. Fill with flaked fish or seafood. Top each glass with 2 tablespoons cocktail sauce.

*Makes 6 servings—approximately 50 calories per serving with sauce.*

### Cocktail Sauce I

- |                            |                             |
|----------------------------|-----------------------------|
| ½ cup chili sauce          | 1½ teaspoons Worcestershire |
| ⅓ cup catsup               | sauce                       |
| ⅓ cup prepared horseradish |                             |

Combine all ingredients and chill before serving.

*Makes about 1¼ cups.*



## Oysters on Half Shell

24 shell oysters

Cocktail Sauce

Open oysters. Arrange a bed of crushed ice in shallow bowls or soup plates. Place four half shell oysters on the ice with 2 tablespoons of cocktail sauce in a small container in the centre. Garnish with lemon wedges.

*Makes 6 servings—approximately 100 calories per serving with sauce.*

### Cocktail Sauce II

$\frac{1}{2}$  cup chili sauce

$\frac{1}{4}$  cup strained lemon juice

1 tablespoon vinegar

1 tablespoon Worcestershire  
sauce

2 tablespoons finely chopped  
celery

2 tablespoons finely chopped  
onion

1 tablespoon chopped parsley

Few drops Tabasco sauce

Combine all ingredients and chill.

*Makes 1 cup.*

### Down East Oysters

12 shell oysters

Few grains pepper

Lemon juice

2 teaspoons finely chopped green  
pepper

1 strip bacon cut in squares

Open oysters carefully to retain juice. Sprinkle each oyster with a few grains of pepper and a few drops of lemon juice. Add a little green pepper to each. Top with a small square of bacon. Arrange in a shallow pan in a bed of rock salt or on crumpled foil. Bake in a hot oven (450°F.) 12 minutes or until bacon is crisp.

*Makes 3 servings—approximately 100 calories per serving.*



## LOW CALORIE SNACKS

**M**any a determined dieter has been led astray by party snacks or between meal nibbling. A thoughtful hostess will provide for her weight-watching guests. Seafood snacks are colourful, popular and easy on the calorie budget.

### Lobster Stuffed Celery

1 can (5 ounces) lobster  
Few drops onion juice  
1½ teaspoons chopped parsley  
¼ teaspoon salt

2 tablespoons "Almost Mayon-  
naise" (P. 19)  
16 pieces celery, cut in two-inch  
pieces

Drain lobster and chop finely. Blend with seasonings. Add mayon-  
naise to moisten. Fill each piece of celery with 1 tablespoon  
mixture. Chill.

*Approximately 15 calories per 2" piece of stuffed celery.*

### Shrimp Bowl

Chilled cooked shrimp served with cocktail sauce ranks high in  
favour as a party appetizer. Arrange shrimp on a large plate and  
place a small bowl of Cocktail Sauce I or Cocktail Sauce II in the  
centre. The tail may be left on fresh or frozen shrimp for con-  
venience in dipping. Canned shrimp are soft and should be served  
on toothpicks. Each shrimp provides approximately 15 calories.

#### HOW TO PREPARE SHRIMP

Boiling is the basic method of cooking shrimp in the shell. Frozen  
shrimp need not be thawed. For each quart of water used, add ¼  
cup of salt. Sliced lemon and bay leaf may be added to water if  
desired. When water reaches the boiling point, simmer shrimp for  
5 minutes. Drain and cool. Shuck meat by peeling off shells and  
then remove sand vein. Leave tail section on shrimp if desired.  
Shrimp may also be cooked after shucking. In this case, for each  
quart of water used, add 2 tablespoons salt. The cooking time is  
the same.

*5 to 8 shrimp provide approximately 75 calories.*



## Lobster Pick and Dip

Remove the meat from two cooked lobsters and cut into bite-size chunks. Place one lobster shell in the center of a large plate, line it carefully with lettuce and fill the cavity with cocktail sauce or "Almost Mayonnaise". (P. 19). Place chunks of lobster on tooth-picks around the edge of the plate. Guests may dip lobster chunks in the dressing.

*Approximately 10 calories for each chunk of lobster with dip.*

## Oyster Stuffed Mushroom Caps

12 oysters

1 tablespoon butter, melted

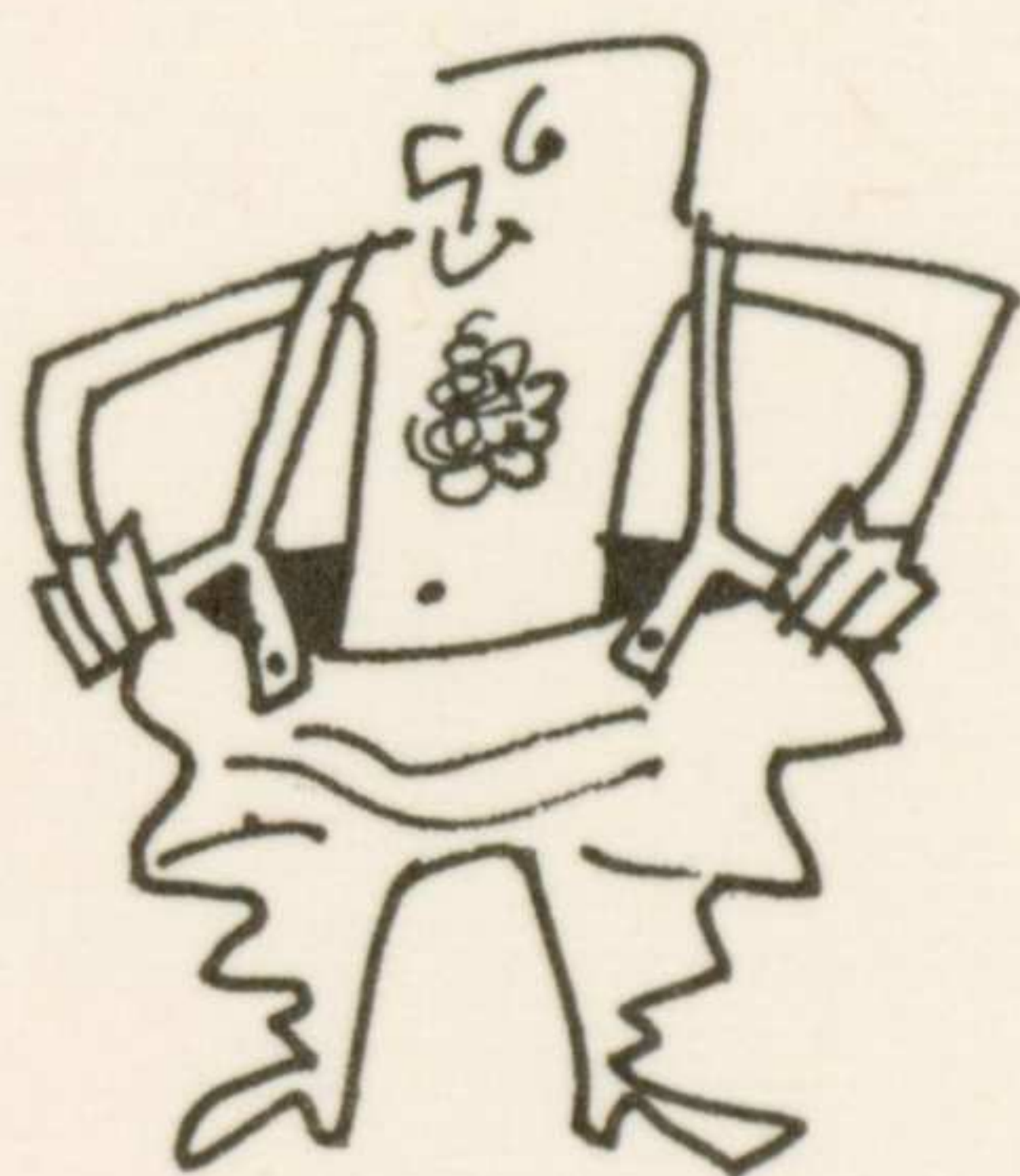
2 tablespoons dry white wine

$\frac{1}{8}$  teaspoon salt

12 large mushroom caps

Dip oysters in mixture of melted butter, wine and salt. Place one oyster in each mushroom cap. Pour remaining liquid over the oysters and mushrooms. Bake in a hot oven (450°F.) for 10 minutes. Serve hot.

*Approximately 40 calories for each stuffed mushroom cap.*



---

ROGER DUHAMEL, F.R.S.C.  
QUEEN'S PRINTER AND CONTROLLER OF STATIONERY  
OTTAWA, 1965

Cat. No. Fs 32-24/1965



















